

Food Bytes

Every Kid Healthy

Every Kid Healthy™ Week is an event designed to celebrate schools' wellness achievements. It occurs the last week of April each year. This special week shines a spotlight on kids' health and provides an opportunity for everyone in the country to get involved in helping kids eat right, be active and stay healthy.

To celebrate *Every Kid Healthy Week*, schools can promote healthy eating, nutrition education, and physical education and activity:

- Host a healthy taste test with fruits, veggies, whole grains or lowfat dairy.
- Ask the PE teacher or a local gym to provide a Zumba or yoga class for students, school staff and their families.
- Host a recreational field day for students. Invite families to participate.
- Challenge students, staff and their families to do a school walk-a-thon.

Get involved:

- Join us in the cafeteria, in the classroom and on the playground during *Every Kid Healthy Week* to help schools celebrate healthy school environments.
- Take the *Every Kid Healthy* pledge.

Nutrilink: Learn more about *Every Kid Healthy Week* and how you can help at www.actionforhealthykids.org.

Menus for April 2015

[Insert name of Local Education Agency] Schools

		Wednesday, April 1	Thursday, April 2	Friday, April 3
				
Monday, April 6	Tuesday, April 7	Wednesday, April 8	Thursday, April 9	Friday, April 10
Monday, April 13	Tuesday, April 14	Wednesday, April 15	Thursday, April 16	Friday, April 17
Monday, April 20	Tuesday, April 21	Wednesday, April 22	Thursday, April 23	Friday, April 24
Monday, April 27	Tuesday, April 28	Wednesday, April 29	Thursday, April 30	

April

- Global Child Nutrition Month
- National Garden Day
- Earth Day (April 22)
- Every Kid Healthy Week (Last week in April)



Developed by School Nutrition Services, N.C. Department of Public Instruction.
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<http://childnutrition.ncpublicschools.gov>